

CRAUGHWELL GAA

NEWSLETTER

SEPTEMBER 2020



“The Key to good technique is to keep your hands, feet and hips straight and centred.

If you are centred, you can move freely.

The physical centre is your belly. If your mind is set there as well, you are assured of victory in any endeavour.”

MORIHEI UESHIBA

FOUNDER OF AIKIDO (Defence Martial Art)

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MEET JOHNNY CALLANAN

By Shane Comer



Johnny with grandsons Luke and Paddy.

Craughwell and Beagh draw in the South Board Junior Hurling Semi Final. The game began somewhat sensationally with Craughwell's Johnny Callanan crashing home with an early goal. (September 1965)

Johnny Callanan played well in the Craughwell goal and did magnificent work when he came outfield towards the end to try and pull the game out of the fire. (July 1963)

For those of you who have moved into our parish over the last number of years and to the youth of today, I'm introducing you to one of the legendary hurlers from Craughwell.

Shortly after moving into the townland of Ballylin West, I had the pleasure of meeting Johnny Callanan. Little did I know the importance of this man to Craughwell GAA Club as a player. Over time, and speaking with him through a car window while he was picking up his niece and nephews from school, I got to know how much of a true gent Johnny is.

He's always wearing a smile followed by a good old story from days gone by. He told me how he accidentally ended up doing the church door collections each Sunday in Ballymana Church before there was such a thing as envelopes. He talked of walking and cycling to school and working on his father's farm after school and during holidays. One thing that struck me in the early days of knowing Johnny, he would always bring up the topic of sport, in particular hurling, into our conversations.

Johnny himself will admit that school was never his forte. At the young age of seven, his interest in the game began from listening and hearing about the game. It wasn't long after that he owned his own hurley stick and ball.

Johnny recalls his early days spent hurling in a field in Manniard thirty-six years ago. In his words: "It was a grand small field for a group of hurlers." He also recalls stories about their local priest, Fr. Hanniffy, arranging games and the team being brought to venues in the back of Tommy Kinneen's lorry. He continues to say that each game had to be treated as though it were a final, even if it were only a challenge. On Fr. Hanniffy, he says: "Once he got to a hurling field, you saw a completely different personality. If things weren't going right, he'd let you know about it very fast – not so mellow."

As the years of solid and hard-hitting hurling continued, Johnny's commitment to the game began to pay off.

In 1949 he was part of the Craughwell panel who were runners-up in the South Galway Junior Final. However, this changed to winning ways in both 1956 and 1966.

Also, in 1956, Johnny was a member of the Galway Junior panel who defeated Roscommon in the Connacht Junior Cup. In 1960 Johnny played on the Galway intermediate team.

A year later, Johnny played on the Craughwell 11-a-side team who had a two-point win over their opposition, Ballinakill, in the final.

It was the South Galway Junior Final of 1966 which led to Johnny's retirement from the game. On one of his famous solo runs along the line, Johnny was brought down and suffered injuries to both his ribs and hip. With great sorrow, Johnny knew it was time to pull the curtain down on playing the game he loved so much.

Today, Johnny has the same love for the game as he did when was a boy. He loves hearing about the youth of today, looking at the games and taking note of how the games and players have changed from his playing days. He comments on the speed of the game and the physicality of the current generation of players. One of his beliefs is that you have to have a good and hard training session. In his own words: "This will have you ready for any knocks the opposition will try and impose on you."

He loves the skills that our current generation are displaying on a daily basis. He is still a true club man, always wanting to know the results from all our games. Johnny mentions the importance to nurture each player as the years progress and to treat each player with equal respect. "If there is a podium, each player from the squad should be on it not just a handful," he says.

Johnny is delighted to see the tradition of sport being continued within the family through his grandchildren. He says sport, in general, is great for any child, even if it's just for social purposes and the mind.

On that final note – and an offer of brandy! – I thought it was time to conclude our talk. I thank Johnny and his family for letting me speak with him, especially in the time of the Covid lockdown. As I mentioned earlier, this man is a true gentleman and I'm honoured to have got the opportunity to speak with him.

This will not be the last time you see a Callanan appearing in this newsletter. Johnny's brother Michael was another valued player for our club. So, watch this space for more Callanan talk.

July 1963 Galway South Board Junior Hurling

With only 10 minutes to go Craughwell took fresh heart and mounted attack after attack which almost gained them victory. Johnny Callanan (Goalie) up till then shot a rasper to raise the green flag.



Left: 1949 South Galway Runners Up

Middle: 1956 Connaught Junior Title

Right: 1966 South Galway Winners Medal

CUL CAMPS 2020

Is it happening or not?

That was the question amid the Covid shutdown. Then the great news came that Craughwell GAA Club would be running its own separate camp. From the beginning, it was known that this had to be managed correctly as there were a number of clubs within the area not holding 2020 Cúl Camps. The most important thing we wanted to achieve was that no child from Craughwell would miss out on a place.

It was decided due to the high volume of interest shown that we would run our Camp over a two-week period.

Week 1 August 10th – 14th U10-U14's,

Week 2 August 17th – 21st U6 –U9's

This high volume was evident on Saturday morning, June 27th, shortly after 9am when our link crashed for a few moments – but thankfully not for long. By 12 noon, we were sold out. As expected, extra dates were provided for those who had missed out on registration. By July 5th, our Cúl Camps had sold out again for both weeks with 294 attendees.

Week 1: 130 attendees

Week 2: 164 attendees

To facilitate all of this, we had 35 registered coaches, with a number of adults helping out each day with registration, breaks, cleaning up afterwards, sorting out camp gear, ensuring Covid guidelines were being adhered to, parking and so on.



Massive gratitude must go to both Mark Monaghan and Kevin Quirke for:

1. Making it possible for Craughwell GAA Club to host a 2020 Cúl Camp
2. Making our Cúl Camp the success it was, especially this year with all the extra challenges and guidelines that had to be adhered to.

It's easy for us as parents to drop off and collect our kids. But these two men have put in hours of work to ensure that it's a success prior to the event starting. Well done to both, all the coaches who helped out, the parents who helped out daily and to the parents for supporting our club. Seeing the smiles on all the children proved that they really enjoyed themselves.





 **Craughwell GAA & Camogie** 

Covid-19 – Necessary for Return to Play


Before Initial Return to Play:
Players/Team Personnel/Parents/Guardians **MUST** complete the following:

1. Visit GAA.ie – Complete eLearning Module and forward to your teams Covid-19 Supervisor.
2. Using GAA App – Complete Health Questionnaire.

Before Every Training Session or Game:
Players/Team Personnel/Parents/Guardians **MUST** adhere to the following:

- ✓ Declare player's health status has not changed via GAA App.
- ✓ Record your (your child's) Temperature – must be less than 37.5C
- ✓ If your temperature is above 37.5 you must stay at home and contact your GP for advice.
- ✓ Adhere to hygiene best practice.
- ✓ Supply and only use your own water bottle.

Thank You For Your Help – Let's Keep Everyone Safe


WHERE WE ALL BELONG

Club Cost:

Although our new Astro at the ball wall came in on target, our club expenses did not stop there.

We might have all been on lock down, but work continued on quietly to keep our grounds and playing fields up to the high standards that is expected today.

Our goals have new netting put in place. The four goalmouths in our training pitches have also had work carried out on them. Each of them have been dug out, stone installed under top soil and then reseeded. Thanks to those who volunteered to help and gave up their free time, especially late in the evenings during our previous hot spell to keep the new growth watered. A total of €7,300 has been invested into all our goals to bring them up to standard.

No point in having top goalmouths without having the remainder of our fields in good condition. €700 was spent on the upkeep of our playing surfaces. This included the purchase of weedkiller and fertilizer. Again, this was spread on the grounds voluntarily.

Since the commencement of 2020, most will have noticed the installation of our electric gates. These were installed to protect our facilities during the late hours of night/early hours of the morning. No point on us spending your money on the upkeep of our grounds and then leaving it open for those to come in and vandalize valued work. These automatic gates are coming in at €6,000. This cost has been kept down due to a number of locals within the club offering their services free of charge. Thanks to you all.

As you all know, every GAA Club has rules and regulations to follow.

To set up all of this it took patience, time, and a lot of organising with different people having jobs to complete prior to us opening safely for all our members. I think all of the above mentioned is evident to see once you drive into either of our grounds.

Again we had many volunteers helping out to get us to where we are today. A sincere thanks to you all, especially one man who gave up his entire day to erect all the signs, sanitizer stations, among other things, in both venues. Due to all the help provided we were able to keep the cost down to €1,500. That included all the printing, hand sanitizers, signage, etc. Gratitude goes to all our suppliers also.

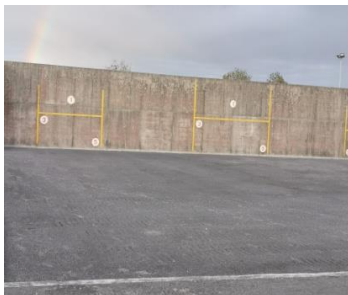
Ball Wall

We had to wait a little longer than expected, but we now have the finished product. As a club we now have the facility where training can continue into the winter months at ease and no fear of anyone falling on gravel.

It's great to see the final result from our successful night last November at *Strictly*. Again, thanks to those who helped organise the event and to all our dancers. To all of you who supported and donated to the event, we now have a facility to show where your money has been spent wisely.

Well done to Paul Cloonan for taking control of the project along with PST and ensuring that all our registered members have a facility to be proud of.

Before



During



After



Juvenile Games

As the short championship season begins to come to a close for some groups, we wish our remaining teams good luck in their campaigns.

Well done to our U16 'B' team who reached the C1 Cup Final, losing out narrowly to Ballygar on a scoreline, Craughwell 1-12 Ballygar 2-11.

I'm sure all who attended the game will agree it was end-to-end stuff. This was a game you couldn't take your eyes off. This team never gave up until the final whistle. Well done to you all.



The following evening, we had our U16 'A' team competing in the 'A' Shield Final. Their opponents on the evening were Kilnadeema/Leitrim. The first quarter may not have gone to plan for Craughwell, but shortly after the restart things began to change. It was like a tap that was turned on and stayed on until the final whistle. From our goalmouth right the way up to our forward line, each of the players outperformed their opposing player. On the final whistle, the game had ended on a scoreline of Craughwell 1-23 Kilnadeema/Leitrim 0-10. Well done and congrats to the entire squad and management.



U16 Football Final

Well done to the U16 squad and mentors on winning the Division 3 North Cup Final. Their opposition on the evening were three clubs now formed into one Kilkerrin/Clonberne and Killereerin. The game was played in Clonberne on Saturday evening, August 29th. Craughwell may have gone in as underdogs but from the first whistle their opposition knew that this was not going to be an easy game.

Craughwell 0-10

Clonberne: 0-9



U14 Hurling Final Group A1 Cup Final

Well done to our U14 panel on reaching the A1 Cup Final. Our opponents on the evening were Loughrea. On what can be only described as a wet, miserable evening, and on poor pitch conditions, our players gave it their all. It was by no way an easy win for Loughrea.

Craughwell: 0-4

Loughrea: 2-7



U14 Football Final Division 3 North Cup.

The Division 3 North Cup Final was held in Athenry on Monday evening, August 24th. Opponents on the night were Athenry. This was a game of two halves. Craughwell got off to an excellent start and went in at half-time 1-4 to Athenry 0-2. The tide turned shortly after the restart with Athenry changing strategy as their pace, strength and height came into play. Athenry ran at our backline for the full 25 minutes and tallied 2-6. In fairness, the Craughwell backline did well as they were under severe pressure. Congrats to everyone involved on getting Craughwell U14 Footballers this far. Hard luck to Padraig Leen, mentors and squad.

U12 Football Finals Group 5 and 12

Congrats to both U12 teams on reaching two Cup Finals. Our group U12 boys were first out on Wednesday evening, September 2nd. They got off to a great start and the foot was never taken off the pedal and they enjoyed a comprehensive win over Loughrea.

Craughwell: 3-8

Loughrea: 0-5



The Group 5 boys were back in action on Sunday morning, September 5th, in Athenry against Athenry. Unfortunately, it wasn't to be on the day. One thing to note is that our boys never gave up and they played their very best until the final whistle. Well done to both teams and mentors involved.

Craughwell: 2-4

Athenry: 5 -10

U12 Hurling Group 1 and 7

Well done and congrats to both of the above groups. Our group 1 boys qualified for the Group 1` Shield Final playing Castlegar at home here in Craughwell. What a game it was, with Castlegar getting off to a dream start. However, when Craughwell settled, the scores came and each of our players did a powerful job on marking their opponent and winning the ball when needed. The game was end-to-end stuff. This particular group were really unlucky in some of the group games, but never gave up. They really dug in when required, winning a tough semi-final away to Turloughmore, and the work certainly paid off in the final.

Craughwell: 3-3

Castlegar: 2-5

Our U12 Group 7 squad (made up of U11's) came up against Moycullen in Moycullen in their Cup semi-final to earn themselves a place in the Group 7 Cup Final against Athenry. Unfortunately, it wasn't to be on the day, playing against a team mainly made up of U12s. This group of boys showed great skills and determination throughout the whole campaign and what an achievement it was for them to get to the Cup Final. What they have learned this year will have them well prepared for their U12 campaign next year. Well done to both squads and mentors for a great 2 months of hurling.

Craughwell: 1-3

Athenry: 4-6



Good Luck to both our U13 & U15 Hurlers ad U13 Footballers as they begin their campaigns.

Craughwell GAA Shop

We have come together with our long-standing partners O Neill's Sportswear and organised to hold a Craughwell GAA sports shop in October.

Due to Covid restrictions, the shop will be spread out over a two-week period in order to give everyone a chance. Dates and groups are as follows:

Oct 5th – U6's

Oct 6th – U7's

Oct 7th – U8's

Oct 8th – U9's

Oct 9th – U10's

Oct 12th – U12's

Oct 13th – U14's

Oct 14th – U16'S

Oct 15th – Minors, Junior A's & C's

Oct 16th Senior's and Remaining Public

The shop will run from 7.30pm -9pm each night

The following will be available, Socks, Shorts with Crest, Lennox/Harrison Jacket with Crest, Colorado Half Zip Training Tops with Crest, Auckland Crew Neck Sweet Shirts Top with Crest, Aston Skinny Tracksuit pants, Solar Gilet with Crest and Triton Wind Cheater Navy with Crest

- **Updates will follow on our Facebook page and website closer to the dates.**

Club Lotto

Currently, we have the largest club Lotto prize winnings within Galway GAA clubs (€17,500) If you are not in, you can't win or be part of the weekly winnings. You can register online through Clubforce and choose to subscribe annually, six months, quarterly or monthly. You can also pick up an envelope in any of the local shops or public houses. If your hand is getting itchy on a Sunday evening, you could do worse than have a little go. You never know, you could be our next big winner. Proceeds help with the running of both Craughwell GAA and Camogie Clubs.

Word Challenge

To celebrate our lotto, this may help to brush away a few cobwebs. Inside our word challenge, there are 10 words associated with our club lotto. Currently, we have the largest club lotto prize winnings within Galway GAA Clubs

1. One 2.Two 3.Jackpot 4.Correct 5. Numbers, 6.Weekly 7.Craughwell 8.Camogie 9.Seller 10.Panel For
First person who finds all the words and forwards to 087 9562292 will win a Craughwell Bennie Hat. Good luck.

A	Q	H	G	E	Y	P	P	A	U	E	L	F	S	H	E	U	M	A	U	Z
M	L	K	I	H	D	B	A	O	I	Z	V	Z	Z	X	M	P	J	M	P	R
C	F	N	U	M	P	I	N	G	T	Y	D	G	H	A	X	Z	S	E	I	D
P	R	U	V	W	K	P	O	C	O	L	M	W	E	E	K	L	Y	R	H	E
Q	R	M	M	B	S	M	W	O	T	W	W	R	T	W	Z	D	G	E	H	I
Y	F	B	E	S	A	P	R	U	E	B	F	J	M	Q	T	W	O	L	W	Y
C	A	E	R	C	E	O	N	E	F	G	H	I	P	O	L	E	C	L	O	R
R	W	R	F	I	E	S	R	L	O	W	P	A	P	R	K	T	H	E	R	E
A	I	S	R	N	D	H	P	E	O	P	L	K	E	F	D	R	Z	S	I	Z
U	N	O	S	P	T	S	V	Z	C	F	C	O	R	R	E	C	T	J	R	U
G	E	V	I	N	H	R	L	C	A	A	M	W	N	I	E	I	G	D	I	S
H	C	O	M	N	U	M	E	S	J	L	O	R	O	F	L	E	N	A	P	V
W	A	C	R	A	U	G	H	W	E	L	L	E	J	O	H	N	S	E	A	N
P	P	R	I	L	V	E	U	T	J	P	E	I	L	P	S	V	Z	U	P	P

Training and Coaching:

On Saturday, August 15th, we were blessed to get John Mullins in to coach the coaches! John works with Coaching Ireland and the GAA Coach Education Department.

On the day, John covered multiple areas such as footwork, agility, arm work and various other drills on how to keep our hurlers (and camogie players) on the move throughout a training session.

The advice he gave on different situations that may occur during a session was excellent. Hopefully in the not-too-distant future we will have John back to give us more ideas on how we as mentors can raise the bar to another level of training and improve our kids in the long term.

This is something we as a club want to work more on. The more coaching our coaches and players get, the better it is for our club. The importance of this is that it is followed through with within each of our Juvenile age groups. If not, then there's no point in doing what we are trying to aim for

and we as a club will get left behind. As a club we need to keep up to speed with new ideas and improve our squads annually.

Foundation and Award 1 courses should be available from November (all going well). Everyone who is involved in coaching needs to have completed Foundation Level and then follow on to Award One. Over the coming months, when dates become available, we will be informing all managers, who will then be asked to pass on information to parents. The Foundation course is a one-day event. Award One is generally ran on a Monday night for three-hours over a six-week period.

The more parents – male and female – who get involved in some way, the better. You can help as umpire, linesperson, collecting cones at the end of training, collecting flags, etc. This does not mean full-time involvement. Even if it were one evening per week or only 10 minutes, it would be much appreciated. The running of our club is not all about coaching our children. So, don't be shy to offer your services.

Scores:

Well done to our senior panel on their promotion back to Senior 'A' for 2021.

Despite losing their first-round game against Ardahan, 0-13 to 0-11, our Junior As topped their group following victories over Loughrea (4-21 to 0-8) and Skehana/Mountbellew-Moylough (2-12 to 2-10). They face Liam Mellows in their quarter-final this Saturday. (Time and Venue to be confirmed.)

Our Juniors Cs were in a difficult group and, arguably, were pitted against the two best teams in the competition. Although losing both fixtures, they acquitted themselves very well against Kilbeacanty (1-20 to 1-9) and Clarinbridge (2-18 to 2-9)

Our Minor B team qualified for the county final following a 2-10 to 0-13 win over Kinvara last weekend. They topped their group with triumphs over Mullagh/Kiltormer (4-24 to 0-12), Killimordaly (1-19 to 1-13) and Tynagh/Abbey-Duniry (1-17 to 0-13). We wish them the very best of luck in the final.

Our Future Championship Players:



Cardiac Screening:

We are currently organising Cardiac Screening for any member of the community born prior to 2008. This is being done in cooperation with Advanced Medical Service (AMS) based in Cork. It is provisionally booked AMS from Thursday October 29th – Saturday October 31st. Screening to take place at the clubhouse.

Cardiac Screening can identify underlying heart conditions which can result in Sudden Adult Death Syndrome (SADS). Unfortunately an average of **2** people under the age of **35** die in Ireland weekly due to SADS. **1** in **300** people may have cardiac abnormality. A more frightening figure is that it is estimated that **5,000** sudden cardiac deaths occur in Ireland annually. That is **14** deaths per day.

What is Cardiac Arrest:

It means there has been a sudden loss of function of the heart causing it to stop pumping blood all around your body. It can occur in a person with or without heart disease.

You have three different types:

1. Ventricular Fibrillation – Very erratic electrical activity.
2. Asystole – There is no electrical activity (no heartbeat).
3. Complete Heart Block – Heart-rate is too slow to keep person alive.
- 4.

What to Expect on the Day?

1. Personal and Family questionnaire.
2. Physical Examination by Medical Doctor.
3. Lead Electrocardiogram (ECG) (Test electricity activity of the heart).
4. Results back approximately 10 day later.
5. Each screening takes 20 minutes.

The screening cost is €69 per person. Good news for some of you: hopefully, the screening is covered by Laya Health Care. People with other health insurance may be able to claim a % back when completing your personal annual revenue returns

There is a minimum of 25 people required in order for this to take place.

For those of you who are interested can you please email shane.comer17@gmail.com with the names of those who will be taking up the screening. It's important that we know how many people in the off chance that we need to change the number of days.

We will be keeping you updated on both our Facebook and website pages.

Speaking about the initiative, Juvenile Chairman Shane Comer said: "Thankfully, I had a lucky escape, so I am really urging those who do and don't play sport to avail of this screening. When it comes to this, age doesn't matter. It's important to look after our health."

**“My grandfather once told me that
there are two kinds of people:**

those who do the work and those who take the credit.

**He told me try to be the first group,
there was much less competition.”**

INDIRA GANDHI